



Relationship Indicators

Key Findings 2024

1. There were notable changes from the 2022 Relationship Indicators survey. In 2024:

23%

less people **strongly agreed** their relationship was good or full, and 21% less people strongly agreed their relationship was sturdy or enjoyable, compared to 2022

8%

of respondents rated their relationship as **fragile or discouraging**, and 7% reported their relationship was lonely; both increasing from 1% in 2022

13%

of people **sought help** for relationship issues from a professional such as a counsellor, up from 6% in 2022

63%

of people agreed or strongly agreed that they were **satisfied with life**, and 61% said that so far they have gotten the most important things they want in life.

2. Meaningful connections

61%

said partners were the **most important**, meaningful relationship. 79% of partnered relationships were considered 'friendly'

10%

said their **mothers** were the most important

8%

said their **friends** were their most important relationship, and 22% said they were the second most important



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3. Satisfying relationships

93%

of people say they **feel loved**; similar to the 2022 survey

64%

felt their relationship was very, extremely or completely **friendly**

17%

of 65-74 year olds and 18.2% of those aged 75+ reported high subjective **wellbeing**.

4. Pressures on relationships 79% reported relationship pressures in the previous 6 months (compared to 72% in 2022):



27% said the **cost of living** put pressure on their relationship



26% said **mental health** was a relationship pressure



23% said different **values or beliefs** placed pressure on their relationship

5. Loneliness has continued to increase

23%

of respondents reported feeling **lonely** (compared to 20% in 2022)

37.7%

are feeling **socially** lonely

22.7%

are feeling **emotionally** lonely



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6. Many don't feel safe enough to disagree in their most important relationship. 12% of people felt unsafe to disagree in their relationship, a 3% increase when compared to 2022. Of those feeling the most unsafe:

61%

were **female**

17%

had a long-term **mental health conditions**

13%

had a **disability**

15%

identified as **LGBTQIA+**

7. The grief and loss experienced in relationship breakdown persists in future relationships

36%

of those that had experienced a **partnered relationship breakdown** were still impacted

80%

of people received **valuable external support** after break-up, separation, or divorce

25%

reported that they often **avoided** or kept away from their former partner in the last 6 months

8. When people were faced with relationship pressures:

48%

managed on their own, an increase from 46% in 2022

13%

sought **professional help**, an increase from 6% in 2022

37%

sought **help** from friends, and 33% sought family support

59%

said **friendship** groups played an important role in their lives



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9. Men are not accessing support despite suffering increasing loneliness and distress in their relationships

41%

reported being socially lonely, a 9 percentage point increase on the 2022 survey. 21% reported emotional loneliness

22%

of men experienced moderate to high levels of distress in their most important relationships

54%

of men say that they manage on their own when having difficulty in their relationship



4 out of 5 men did not strongly agree that they communicated openly about their problems in their most important relationship

10. Life satisfaction is related to strong and reliable relationships, while relationship satisfaction varied between respondents. Satisfying relationships were associated with greater subjective wellbeing:



Of the respondents reporting high life satisfaction, 77% had a partner as their most meaningful relationship compared to 27% whose most meaningful relationship was not a partner



People who do not identify as having long-term physical health, mental health conditions, a disability, or a carer are significantly more likely to report higher relationship satisfaction